

ATO - Autoimmune Disorders

ATO-C COMPLICATIONS

OUTCOME: The patient/family will understand how to lessen the complications of their particular immune disorder.

STANDARDS:

1. Review the common complications associated with the patient's disease.
2. Review the treatment plan with the patient/family. Explain that complications are more frequent and worsened by non-participation with the treatment plan.

ATO-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the patient's particular autoimmune disease.

STANDARDS:

1. Discuss the effects of the autoimmune disorder.
2. Explain that treatments are highly individualized and may vary over the course of the disease.
3. Explain that outcome varies with the specific disorder. Most are chronic, but many can be controlled with treatment.
4. Explain that symptoms of autoimmune disease vary widely depending on the type of disease. A group of non-specific symptoms often accompany autoimmune disease. Review these symptoms with the patient.
 - a. Tire easily
 - b. Fatigue
 - c. Dizziness
 - d. Malaise
 - e. Low grade temperature elevations

ATO-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of autoimmune disorder.

STANDARDS:

1. Review the treatment plan with the patient/family, emphasizing the need for keeping appointments, taking medications as prescribed, and fully participating with the treatment plan.
2. Discuss the importance of routine follow-up by the primary provider, social services, behavioral health services, registered dietician, and community health services. Refer as appropriate.
3. Review the symptoms that should be reported and measures to take if they occur.

ATO-L LITERATURE

OUTCOME: The patient/family will receive written information about autoimmune disorder.

STANDARDS:

1. Provide the patient/family with literature on autoimmune disorder.
2. Discuss the content of the literature.

ATO-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand what lifestyle adaptations are necessary to cope with the autoimmune disorder.

STANDARDS:

1. Review the lifestyle areas that may require adaptations: diet, physical activity, sexual activity, role changes, communication skills and interpersonal relationships.
2. Refer to social services, behavioral health, and community services as appropriate.

ATO-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.

4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

ATO-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of autoimmune disorder.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

ATO-N NUTRITION

OUTCOME: The patient/family will understand the role of appropriate nutrition in the management of autoimmune disease.

STANDARDS:

1. Explain the keeping a food diary is beneficial to determine nutritional habits and intake.
2. Explain that some autoimmune diseases may improve or worse with changes in diet.
3. Explain that many patients with autoimmune diseases will have altered nutritional requirements and will require a nutritional plan. Refer to a registered dietitian for MNT as appropriate.

ATO-SM STRESS MANAGEMENT

OUTCOME: The patient will understand the role of stress management in if autoimmune disorder.

STANDARDS:

1. Explain that uncontrolled stress can suppress the immune response.
2. Explain that uncontrolled stress can interfere with the treatment of autoimmune disorders.
3. Explain that effective stress management may increase the number of immune cells, as well as help improve the patient's health and well-being.
4. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the risk of morbidity and mortality from autoimmune disorders.
5. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a healthy diet
 - g. Exercising regularly
 - h. Taking vacations
 - i. Practicing meditation, self-hypnosis, and positive imagery
 - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - k. Participating in spiritual or cultural activities
6. Provide referrals as appropriate.

ATO-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, including indications, and the impact upon further care

STANDARDS:

1. Explain the test(s) ordered and collection method.
2. Explain the necessity, benefits, and risks of the test(s) to be performed and how it relates to the course of treatment.
3. Explain any necessary preparation and instructions for the test(s), e.g., fasting.
4. Explain the meaning of the test results, as appropriate.

ATO-TX TREATMENT

OUTCOME: The patient/family will understand the available treatments.

STANDARDS:

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options.
2. Discuss the treatment plan, including lifestyle adaptations, pharmacologic, surgical, and psychosocial aspects.
3. Emphasize the importance of adhering to the treatment plan, including scheduled follow-up.
4. Refer to community resources as appropriate.